



King County Live Well Challenge

Point Tracker –Physical Activity Version

Your Name: _____
 Team Name: _____

Your Goal: _____ points per week

You earn 1 point for every 15 minutes of physical activity, up to a maximum of 2 points per day. **A maximum of 10 points per week can be earned for physical activity.** Note: Refer to “How to Earn Physical Activity Points” and “How to Track Physical Activity Points” for further explanation.

You can also earn 5 points for every **Health Promotion Activity** (40 points maximum for the duration of the Challenge)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points *report to Captain every week*	Activity Points *to be reported at Week 8*
1 Aug 7 -13									
2 Aug 14-20									
3 Aug 21-27									
4 Aug 28- Sept 3									
5 Sept 4-10									
6 Sept 11 -17									
7 Sept 18-24									
8 Sept 25- Oct 1									
Total Activity Points									

Goal Points will be automatically calculated and added. You do not report those.

Questions? Call us at 206-263-7333